

E-mail: plantop@ga.wa.gov Phone: (360) 902-7257 www.ga.wa.gov/plant

Send articles and editorial submissions to Phil Partington: ppartin@ga.wa.gov

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Corrections center models sustainability

'It's critical to practice sustainability'

By Sarah Magney, former POS staff

The staff and inmates at Cedar Creek Corrections Center in Littlerock, Wash., have made a commitment to sustainability that has prompted several innovative practices.

"We are trying to do as much as we can, because our natural resources are diminishing and it's critical to practice conservation," said Demar Holtz, plant manager at Cedar Creek.

Cedar Creek, a minimum security institution, has focused their sustainability efforts on conserving water, recycling, growing their own food, and composting their food waste.

The rainwater catchment tanks attached to many of the buildings on Cedar Creek's grounds provide the water for irrigating the extensive gardens and washing vehicles. In addition, they are hoping to eventually use the water for the toilets, urinals, showers, and laundry facilities.

The catchment project started small with a simple system that used smaller barrels to collect water for the irrigation around the living units. The project has expanded to multiple larger systems, totaling an 18,000-gallon capacity, and they have plans to expand the system to a 50,000-gallon total capacity.

"We want to be able to be used as a model demonstration site to show how nonpotable water can be used to supplement gardens, landscapes, and other water



Holtz shows off a gutter debris filter. Leaves, pine cones, etc... will not pass through the two layers of wire mesh.

needs of the facility," Holtz. (Please see "Catchment," page 6)

Ocosta's new program finds home for old computers

Westport school district turns a problem into an advantage

By Phil Partington, POS staff

Disposing of surplus computers has been among the most extensive challenges for professionals around the Consortium. Faced with this predicament, Ocosta School District came up with an innovative, yet simple solution that not only freed up space, but further enhanced student learning.

Ocosta is located in Grays Harbor County on the Washington coast. Their program was first implemented during last summer's school session and proved successful in helping increase student attendance.

"We are offering computers as an incentive to attend summer

school. Every day a student attends, his or her name is put into the box," Mark Jacobson, district superintendent said. "If the student receives a discipline referral, his or her name doesn't go in that day (or week depending on the severity of the matter)."

(Please see "computers," page 5)



Visit us on the web!

Be sure to visit the Plant Operations Support website at www.ga.wa.gov/plant. While you're there, feel free to check out the many great resources available at the click of the mouse, including professional development announcements, Mac's Nickel ads (a listing of surplus and salvage opportunities), and much more!

Join the Consortium Listserv!

The Consortium's electronic listserv links you to various plant operations and maintenance professionals, and allows members to advertise surplus or salvage items, solve problems, answer questions and simply learn from each other's experiences. Contact your Plant Operations Support staff at plantop@ga.wa.gov to sign up!

If you're not already a member of the Consortium....

...what are you waiting for? If you don't already have every resource at your disposal and all the money you need, then find out how the Plant Operations **Support Consortium** can help! Contact us at plantop@ga.wa.gov.

POS Notes



Bob MacKenzie

Members have requested help from their Consortium staff some 315 times in the last three months. That's a hefty

caseload and successful outcomes could not have occurred without the help of other members.

Our statistics reflect members' avoided costs totaling more than \$1.3 million during the same period. Thanks to those who have provided benchmarking and other comparison data for our on-site assessments, and to those

who have offered materials and supplies and other services at low or no cost to other members.

Many members have also used our conditionassessment teams, in-house design, cost engineering and "Buildings on a Disc" program components in varied wavs.

Pattie Williams and her team at General Administration's Custodial Services have provided wonderful custodialrelated support to five member organizations in the last quarter. If you haven't yet worked with us and would like to know how we could enhance your operations, please give us a call or send a note, bmacken@ga.wa.gov.

Discover how members have saved time, effort and dollars through collaborative, proven Consortium methods.

Your POS staff has streamlined the way we complete demolition projects. Three projects were closed-out in the last three months alone: two for the King County Housing Authority in Burien and Kent; the third for the Cowlitz County PUD #1 in Longview. In addition, POS staff is managing a wide variety of projects, including a school district's Voiceover Internet protocol, purchasing assistance for equipment and vehicles for municipalities, and also more than a dozen construction remodels and repairs for other members.



An excavator from Wm. Dickson Co. clears debris during a demolition project at Springwood Apartments in Kent for the King County Housing Authority.

Dan Moore, your senior project coordinator, is temporarily splitting his time between POS and the Department of Corrections as a capital programs project manager. His efforts enable DOC to maintain its vital capital program, while they recruited for a permanent employee. Other professional staff assists me in shouldering Dan's project management duties while he's on temporary assignment.

We were saddened to bid



Sarah Magney adieu after more than 18 months as a Consortium program coordinator. Sarah departed Washington state service to join the staff of Future Business Leaders of America, a non-profit organization with Sarah Magney which Sarah



Dan Moore



had been involved since her high school and college years. We wish Sarah the best of luck in her new role and thank her for the outstanding services she rendered the Consortium during her stay. We're recruiting for her replacement.

The May Energy/Facilities Connections Conference will take place in Wenatchee. Washington, May 11-12, 2005. The theme of the conference is "Connections," and we're doing our best to connect you with myriad resources and information designed to make your jobs more effective and more satisfying. Please see "Conference fuses energy with facilities" (page 7).

Please give us your feedback on this winter 2005 issue of Shop Talk and let us know how we can better support your varied operations. On behalf of your POS staff, I thank you for all you do for our respective stakeholders.

Bob

Making mold more manageable

A guide to understanding mold

By Dianne Knutson, MS



Dianne Knutson

This article was provided by Dianne Knutson, an industrial hygienist and senior project manager with AMEC Earth & Environmental, Inc., located in Kirkland, Washington. She received her Master of Science degree in industrial hygiene in 1999 from the University of

Washington Department of Public Health and Community Medicine. Knutson specializes in mold and indoor air quality issues and has conducted hundreds of investigations in commercial, public and residential settings.

The topic of mold in the workplace and in schools has captured the public eye, making it a significant issue for Consortium members to address. Recognizing and managing mold as well as understanding the health implications of mold can be an onerous task for any facilities professional.

Perhaps the most fundamental aspect of mold to consider is that it requires moisture to grow. When excess moisture develops indoors for any reason, such as high humidity, leaks, flooding, etc., conditions for mold growth in the indoor environment are ideal.

When assessing a building for mold, the first thing to consider is whether a building has a history of water leaks. If it does, the best course of action is to inspect the areas where leaks are known to have occurred. If the building has no history of moisture intrusion, it is a good idea to inspect areas where moisture could accumulate. During the inspection, look for indications of water infiltration, such as peeling paint, water drips or puddles, water marks and stains, rust, and warped building materials.

Common areas to search for moisture problems are:

- Attic spaces—moisture can accumulate from roof leaks, inadequate ventilation, and exhaust fans releasing exhaust into attic space instead of outside.
- Crawl spaces—moisture sources include plumbing leaks, high water table, and failing foundations.
- Windows—inadequate window flashing.

- Ceiling plenums in commercial buildings—moisture sources include plumbing leaks and HVAC system condensation.
- Bathrooms—leaks around toilet seals, plumbing leaks, and/or inadequate ventilation leading to high humidity.
- Kitchens—dishwasher lines, refrigerator ice maker lines, sink plumbing, and inadequate ventilation leading to high humidity.

If mold is found indoors, the first priority should always be to determine the source of moisture and eliminate it. If the moisture is not eliminated, the mold will continue to grow. For small mold problems, once the moisture source is remedied, mold can be cleaned from hard surfaces with a detergent solution. the source or multiple sources of moisture causing the problem.

If mold is found indoors, the first priority should always be to determine the source of moisture and eliminate it. (Please see "Mold," page 8)

Consortium members nab energy awards

By Bob MacKenzie, POS manager

It's probably just coincidence that six of nine Governor awards for Energy Efficiency Management in 2004 were nabbed by Consortium members. Not! The winners were recognized for outstanding energy-related accomplishments during the past five years and chances are they joined the Consortium to leverage resources, share best practices and avoid re-inventing the wheel. All award-winners were recognized for outstanding energy-related accomplishments during the past five years. The awards ceremony was held in December in the Governor's conference room in the newly reopened Washington state Legislative Building. Member award recipients:

- Frances Haddon Morgan Center (DSHS, Bremerton): Ken Neubauer and Bob Curtiss
- General Administration, Division of Capitol Facilities: Kevin Warner (E&AS) and Bill Moore
- South Kitsap School District, Port Orchard: Mike Riley and Bev Cheney, and Tom O'Brien.
- University of Washington: Eric Hausman
- Washington State School for the Blind: Roy Childers (E&AS), Steve Rainey, Dean Stenehjem and Rob Tracey



Former Governor Gary Locke (right), and Rob Fukai (left), director of Washington's General Administration, pose with award recipient Eleonore Price

Additionally, Eleonore Price, Energy Resource Manager for the Department of Social and Health Services, was recognized for her renowned dedication in promoting energy efficiency at DSHS facilities throughout the state. Her efforts have resulted in literally millions of dollars in savings for affected facilities throughout the state.

Support

Band-aid fixes replaced with long-term solutions

Retro-commissioning changes the focus toward preventive maintenance

By Phil Partington, POS staff

With the aid of retro-commissioning, maintenance staff at a state office building on the Capitol Campus in Olympia now focus their efforts toward preventative maintenance, as opposed to patching up problems for temporary fixes. Among the most noticeable issues of Office Building 2 (OB2) were its pressure control problems and poor temperature controls.

Retro-commissioning is a systematic process for improving and optimizing a building's operations and maintenance. Its focus is usually on energy-using equipment such as mechanical equipment, lighting, and related controls. The retro-commissioning process most often focuses on the dynamic energy-using systems with the goal of reducing energy waste, obtaining energy cost savings for the owner, and identifying and fixing existing problems.

"When I started working in this building in 2000, my biggest complaints were HVAC problems and air quality," said Judy Johnson, Department of Social and Health Service's emergency management coordinator and president of IFMA's South Puget Sound chapter. "Tenants would come in to work wearing multiple layers of clothing in the morning, only to strip down to summer-like attire when it got too hot in the afternoon. In addition, when it was cold in one room, you could go to a room across the hall where it might be sweltering."

According to Bonnie Scheel, facility asset manager of the Division of Facilities Planning and Management, many of the temperature problems could be linked to about 75% of the variable air volume (VAV) boxes not working properly. They were going in and out of occupied mode which caused rapid air flow changes.

"We were receiving numerous complaints from employees about the temperature fluctuations, which caused maintenance staff to divert their attention from other pressing needs in order to band-aid these problems with temporary fixes," said Scheel.

Mark Hagen, zone coordinator for OB2 and the nearby Highway Licensing Building, added that safety violations were another major concern.

"The building pressure kept holding security doors open that weren't supposed to be open. This was a significant problem for us, since the secured building needed to maintain lockdown capabilities at all times," said Hagen.

On the flip side, Johnson added that some doors wouldn't open at all, because of the intense building pressure. "Sometimes you'd open a door and it would slam with the force of a battering ram," said Johnson. "We have older women and disabled people in the building. I don't care how buff a person is, trying to open a door with an immense amount of pressure pushing back is challenging."

OB2 was selected for retrocommissioning through Washington General Administration's (GA) Building Commissioning Program in order to identify and correct these problems.

"I am totally sold on the building commissioning program," said Scheel. "As a building owner, it gave me valuable information on what to do in the future. It was a great learning process. In addition, we saved a lot of dollars, because it allowed maintenance to do other important things."



Bonnie Scheel



Judy Johnson



Mark Hagen



Bryan Welsh

However, the project did hit a few roadblocks along the way due to numerous programming problems, according to Scheel. These problems disrupted the project's deadline. "It lasted almost a year and a half longer than it was supposed to," said Scheel.

Bryan Welsh, president of Keithly Welsh Associates, Inc. (the project's commissioning firm), was perhaps most affected by these setbacks, though he continued to work diligently to ensure the project's success.

"He was just amazing," said Scheel. "He went way beyond the scope of duty and was always available if there was a crisis. He also did a great job at breaking down the technical jargon so that non-technical staff could understand what was happening."

"Working with GA's Commissioning program was good, because they understand the process," said Welsh. "It always helps having someone who understands the process all the way through, like Roger Wigfield and his Building Commissioning Program, working with the owner."

Mark Hagen said that "just the fact that my phone doesn't ring off the hook anymore [with complaints] is the best part of retro-commissioning."

Judy Johnson is just glad her "fingers don't turn blue because of a freezing office in the morning."

"We're not quite to the point where all our problems are completely fixed," Hagen concluded, "but now we're on the right track toward that."

For more information on retrocommissioning, contact Roger Wigfield, 360-902-7198, or e-mail rwigfie@ga.wa.gov.

(From "computers," page 1)

On the last day of school, names were drawn for 21 computers with a limit of one computer per family. **Educational Service District 113** allowed the school district to loan the computers indefinitely to these families for one year. At the end of the year, the family is able to keep the computer since it's outdated by then.

"Coordinating this program has been very satisfying," said Donnela Benn, Ocosta School District's special services curriculum director. "Many of the children who received a computer didn't already have one. It feels good to know that we're doing something to reach out to families in need. I think these computers will especially help students with their school work."



Among other possibilities, the school district is also considering offering computers to students who make the most gains on test scores from one year to the next.

Donnela Benn In addition, Ocosta School District has adjusted the way

> they coordinate the sale of computers at its surplus sales.

> "My best advice." Jacobson said. "is to change the surplus process so that a computer that's been replaced is made available immediately. We are considering changing language in our policies that will allow us to advertise and put interested people on a list. For instance, when we have five surplus computers, we call the first person on the list

and let them know what we have available. If that person is interested in one, we make it available for him or her to purchase. If the person isn't interested, his or her name goes to the bottom of the list."

Disposing of computers has been a common challenge among facilities professionals, yet Ocosta School District has managed to change the problem into an incentive for student learning. It's that out-of-the-box thinking that makes the Consortium tick by enhancing the quality of child education. while maximizing efficiency and saving tax dollars.

For more information about Ocosta School District's computer incentive program, contact Mark Jacobson, (360) 268-9125 ext 129, or e-mail mjacobson@ocosta.k12.wa.us, or call Donnela Benn, ext 119.

Plant Operations Support Consortium Honor Roll

New members marked in purple.

K-12 Schools **Kittitas** Abbotsford, BC LaCrosse Brewster Marysville Bridgeport Mission, BC Cascade Moses Lake Centralia Mount Baker Mount St. Michael's Chehalis Mukilteo Clover Park Columbia-North River Burbank North Thurston Comox Valley, BC Northshore Coquitlam, BC Oak Harbor Coupeville Ocean Beach Dayton Ocosta

Delta, BC Okanogan Skaha, BC Peninsula East Valley Spokane Port Townsend Easton Quilcene Eatonville Quillayute Valley Edmonds **Quinault Lake** Elma Rochester Enumclaw Seguim **ESD 101** South Kitsap Federal Way Snohomish Highline Snoqualmie Valley Hoquiam Stanwood-Camano

Sumner

Surrey, BC

Issaguah

Ketchikan, AK

Thorp Vancouver Vashon Island Wenatchee White River Wishkah Valley Yelm

Universities/Colleges Big Bend CC Clark College Columbia Basin CC CC of Spokane Highline CC Olympic CC Renton TC Evergreen State College Univ. of Washington Washington State University **Energy Coop** Extension

University **Ports** Port of Edmonds Port of Ilwaco Port of Kennewick Port of Longview Port of Sunnyside

Eastern Washington

Port of Olympia Port of Seattle, Sea-Tac Airport

Municipalities City of Hoquiam City of Marysville City of Redmond City of Tukwila City of Tumwater Clark County Cowlitz County Cowlitz County PUD #1 Jefferson County

King County Housing Authority King County Metro South King County Wastewater Treatment Division

Westpoint

Kitsap County Lakehaven Utility District Lewis County Pierce County

Tacoma-Pierce City Health Dept Town of Eatonville

Canada

Attorney General, BC BC Building Corp City of Port Moody

Whatcom County

States Alaska

Oregon Dept. of Admin. Svcs. Oregon Youth Authority

Washington St Agencies Corrections Criminal Justice Training

Commission **Ecology** Fish and Wildlife General Administration Health Information Services Licensing Liquor Control Board Military

Natural Resources Parks & Recreation School for the Blind School for the Deaf Social & Health Services Transportation Veterans Affairs Washington St Criminal **Justice Training**

Center Washington State Patrol

Check out the Plant Ops website for quick links to Consortium member websites—http://www.ga.wa.gov/plant

("Catchment," continued from page 1)

Their institution's location in a rain forest offers Cedar Creek the potential to collect a large quantity of rainwater. Currently, the administration building has a 5,000-gallon tank attached to the gutters on one side of the building. The roof has a total of 2,320 square feet of roof on the side where the tank sits. This area catches 68,000 gallons of rain water annually, based on the Western Regional Climate Center report.

"We need to be looking at the mid-tolong-term savings of having this type of system. There are costs to start it up, but there are significant savings over time," Holtz says. They have gone from using 132 gallons of water per day per



Dan Pacholke

offender, to using just over 100 gallons a day. Their eventual goal is to get down to 90 gallons per day per offender. "In the end, we would like to be a zero-waste facility," says Dan Pacholke, superintendent of Cedar Creek.

The other programs at the corrections center are just as impressive. In addition to 3,000 pounds of organic produce grown there, the center is also actively cultivating a worm farm. Up to 150 pounds of food waste is added to the worm farm daily, and the worms create compost along with baby worms to keep the process going. The worms favor coffee grounds and egg shells, but do an efficient job of breaking down all of the food waste. The worm farm is run by inmates, and many of the other programs are run with their assistance as well.

"The work keeps the inmates busy and gives them job skills. They help us get things done here," Holtz says.

In the future, Cedar Creek Corrections Center is planning to partner with The Evergreen State College in Olympia to create a living roof over their worm farm. This roof will cut down on storm water runoff, absorb toxins, and contribute to the research of TESC students.

More sustainability efforts of Cedar Creek and its parent department

Cedar Creek also sets the standard in other areas that influence and contribute to their sustainability mission.

- Shredded paper is added to the food waste broken down by the worms. The resultant compost is used as compost to fertilize the gardens and landscaping.
- Recycling bins are placed around the grounds for collection of aluminum, plastic, paper, and cardboard.
- The maintenance shop designs and manufactures their own filters for the rainwater catchment systems. The filters keep leaves out of the tanks, as well as other debris that could clog the hoses and pipes.



The worms favor coffee grounds and egg shells, but do an efficient job of breaking down all of the food waste.

"We have to keep in mind what we need to do to survive. Everyone should look at using these practices, especially larger institutions. It's just being conscious about what you use," Holtz said.

For more information on Cedar Creek's innovative sustainability system, contact Demar Holtz, (360) 753-7278 x 212, or e-mail dlholtz@doc1.wa.gov.



- The maintenance shop also designs and manufactures metal racks that hold barrels of water in their smaller rainwater catchment systems.
- The center's inmate trades crews design and build items, such as cabinets, for the community and local schools.
- Cedar Creek Corrections Center has partnered with the Department of Natural Resources to compile and supervise inmate forest and fire crews.
- The facility is researching how to grow moss commercially in order to reduce the amount being harvested from forests, which disrupts forest's ecosystems.
- Inmates are taught how to harvest and package flower seeds produced by their greenhouse, which are distributed through a seed exchange program.

Other Department of Corrections Centers are rising to the sustainability mandate.

- Olympic Corrections Center, near Forks, has a model composting shop, where they compost waste and biosolids from multiple institutions.
 This system has saved Department of Corrections \$107,122 in hauling and tipping fees over three years.
- The Washington State Penitentiary in Walla Walla has a large recycling and composting program, which includes the processing of yard waste, food scraps, and paper.
- Stafford Creek Corrections Center in Grays Harbor County also operates a rainwater catchment system.
- Washington Corrections Center for Women in Purdy has instituted an aggressive water conservation program.
- All new construction in DOC over 5,000 square feet will conform to LEED Silver standards.

Conference fuses energy with facilities

By Bob MacKenzie, POS manager

Washington State General Administration's (GA) Energy Team and Plant **Operations Support Consortium host** the inaugural Energy/Facilities Connections Conference May 11 and 12, 2005 at the Wenatchee Convention Center in Wenatchee, Washington,

This is the first conference of this scope and complexity in more than nine years. It promises to be a comprehensive training opportunity for an expected 200 - 250 attendees.

This is an excellent opportunity for school district, state agency, local government and higher education facilities and business staff to learn best practice approaches to vexing issues, as well as network with other professionals to increase resources. Expert speakers include:

- E. Lander Medlin, executive vice president of the Association of Higher Education Facilities Officers (APPA).
- Tom Eckman of the Northwest Power and Conservation Council.

They will join a host of other industry experts to provide valuable tips on various facilities/energy-related topics.

Washington Governor Christine Gregoire and Dr. Terry Bergeson, Superinten-

dent of Public Instruc-

tion, have been invited as well. In addition, attendees and breakout session presenters will be bringing their knowhow from all over Washington state and from neighboring regions, such as British Columbia, Montana and Alaska.

"We have focused on providing a milestone event at a cost-effective rate for you and your staff," said Clint Lougheed, manager of GA's Energy Team. The price for two days of topflight training and professional development is only \$195 - and two breakfasts and lunches are included!

Rooms at the Wenatchee Coast Hotel have been blocked for the conference at the federal and state per diem rate, so don't delay in reserving lodging. Bookmark the POS Professional development page and check back in two weeks to register on-line: http:// www.ga.wa.gov/plant/DEVELOP.HTM.

Thanks to the Northwest Energy **Energy/Facilities** Efficiency Council. Connections Washington Wenatchee 2005 State Univer-

> sity Energy Cooperative Extension, Wenatchee School District and Chelan County Public Utilities District for their sponsorship in this event.

Contact your Consortium staff by phone, 360-902-7257, or e-mail plantop@ga.wa.gov with questions, comments and suggestions.

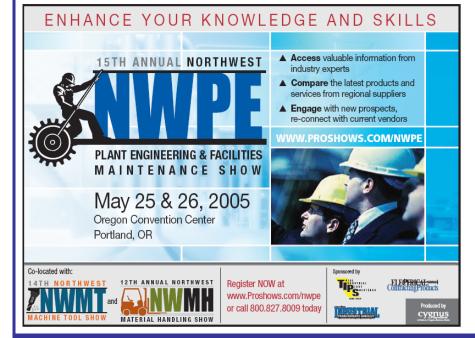
IFMA provides symposium for safety/security

Facilities managers rank security and safety as third among the top 10 issues they face in the coming year, which may be one of the best reasons to check out the IFMA (International Facilities Management Association) Annual Education Symposium that will take place March 3, 2005 at the Bellevue Club in Bellevue, Washington. The topic is Safety & Security: Leadership, Management & Implementation in response to this common issue.

This one-day educational event will offer a full range of informative sessions on leadership, management and implementation of safety and security in the workplace. Topics will address the business case for worker safety and environmental stewardship, convincing executive management of the value, setting corporate safety priorities, the ABC's of an effective safety program, developing a facility security plan, earthquake preparedness, and managing IAQ complaints. Hear about key trends in this field and how facilities professionals can prepare.

Registration: \$90 IFMA and BOMA members, \$120 non-members, \$125 at the door.

To register, contact Lianna Collinge at aminc1@juno.com.



Plant Operations Support 206 General Administration Bldg P.O. Box 41012 Olympia, WA 98504-1012

> Phone: 360-902-7257 Fax: 360-753-2848 Email: plantop@ga.wa.gov http://www.ga.wa.gov/plant

Send articles and editorial submissions to: Phil Partington ppartin@ga.wa.gov

("Mold," continued from page 3)

If the moisture is not eliminated, the mold will continue to grow. For small mold problems, once the moisture source is remedied, mold can be cleaned from hard surfaces with a detergent solution. In most instances, very porous building materials growing mold should be removed and replaced. In extensive cases of mold growth in a building, an experienced mold professional, such as an industrial hygienist, may need to be hired to assess the problem. It is critical to correct large mold infestations as soon as possible by addressing the source or multiple sources of moisture causing the problem.

The most common health effect related to mold exposure is allergic symptoms, including eye irritation, and effects to the respiratory system, such as coughing and congestion. Molds can also aggravate asthma. Some people have even reported flu-like symptoms and skin rashes due to mold.

Contact Dianne at (425) 820-4669 for more questions on mold issues.



Shop Talk is a quarterly online publication of the Plant Operations Support Program. The newsletter is intended to be an informative and operationally oriented medium for public facilities managers. Contents are also available in hardcopy. We welcome feedback on the newsletter's contents and input from readers. We reserve the right to edit correspondence to conform to space limitations. Bob MacKenzie is program manager and editor. Contact him at 360.902.7257, or e-mail bmacken@ga.wa.gov. Phil Partington is POS webmaster and assistant editor. Contact him at 360.902.7277, or e-mail ppartin@ga.wa.gov. Special thanks to Jim Erksine and Steve Valandra for editing assistance, and Viet La for format assistance. Plant Operations Support does not make warranty or representation, either expressed or implied, with respect to accuracy, completeness or utility of the information contained herein. Plant Operations Support assumes no liability of any kind whatsoever resulting from the use of, or reliance upon, any information contained in this newsletter.

State of Washington
Department of General Administration
P.O. Box 41012
Olympia, WA 98504-1012
www.ga.wa.gov

R.D. Fukai, Director



Rene Wright, eastern region director of Department of Ecology, (bottom right) pauses for photo during management team meeting



Bryan Visscher of Wenatchee School District shows a school's kitchen equipment



Jonathan Martin (left) of "Buildings on a Disc" guides Mark Kirby of Cowlitz County PUD #1 through their digitized document retrieval system



The Port of Olympia management staff meets to confer about pressing issues



Donald Clark (left) and Andy Golay of the Oregon Youth Authority acquire a security console for free courtesy of another member